

Rockville Recreation and Parks *Summer Guide* 2017



New Programs

Zumba Fit Kids - Minis Pg. 5

T-Ball/Baseball Skills Pg. 11

Eco-explorers Day Camp pg. 18

Ballet Workshop pg. 28



**Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Adults 60+ • Aquatics • Cultural Arts**

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The new **Adult 60+ Recreation and Services Guide** can be picked up at the following locations: Rockville Senior Center, all community centers, Croydon Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Library. Call 240-314-8800 for more information. *See page 40-43 for information on the Rockville Senior Center and Adults 60+ Recreation and Services Guide.*

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

Note to parents: In order to assist us in offering quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see rockenroll.rockvillemd.gov. Enter course number to view course details.**

Arts, Dance and Enrichment

Little Fingers Piano (Adult/Child)

Instill a love of music in a fun, and relaxing environment. Students are introduced to the piano, musical symbols and play songs through group learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5

59491	Sa	6/24-7/29	9:30-10 AM	\$120/\$129
59492	Sa	6/24-7/29	10:15-10:45 AM	\$120/\$129

Twinbrook Community Rec. Center Annex/Learn Now Music

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). The fee for siblings 10 months and older is \$89. Fax, mail or walk in your registration to receive a sibling discount. Adult participation required.

Age: 1 mo-5 yr

59495	W	6/28-8/2	9:30-10:15 AM	\$120/\$139/\$89
59496	W	6/28-8/2	10:30-11:15 AM	\$120/\$139/\$89

Thomas Farm CC/Liddle

59537	M	7/10-8/14	10:30-11:15 AM	\$120/\$139/\$89
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Rockville Swim and Fitness Center/Winkler

PB&J

Play Books and Jam! Parents, join your kids and have fun in this creative class as we read a book, then create a craft based on the story. Afterwards, move and groove in the gym, jamming to music while we play with toddler toys.

Age: 2-4

60214	F	7/28-8/25	10-11 AM	\$60/\$65
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Lincoln Park CC

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

59326	Sa	7/8-8/12	10-10:45 AM	\$72/\$82
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Twinbrook CRC/Tennant

Age: 3-4

59328	Sa	6/24-8/5	11-11:30 AM	\$59/\$69
59329	Sa	6/24-8/5	11:45 AM-12:15 PM	\$59/\$69

Thomas Farm CC/Simpson

Age: 3-4

59331	W	6/24-8/2	10-10:45 AM	\$72/\$82
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Rockcrest Ballet Ctr./Langdon

Age: 4-5

59327	Sa	7/8-8/12	11-11:45 AM	\$72/\$82
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Twinbrook CRC/Tennant

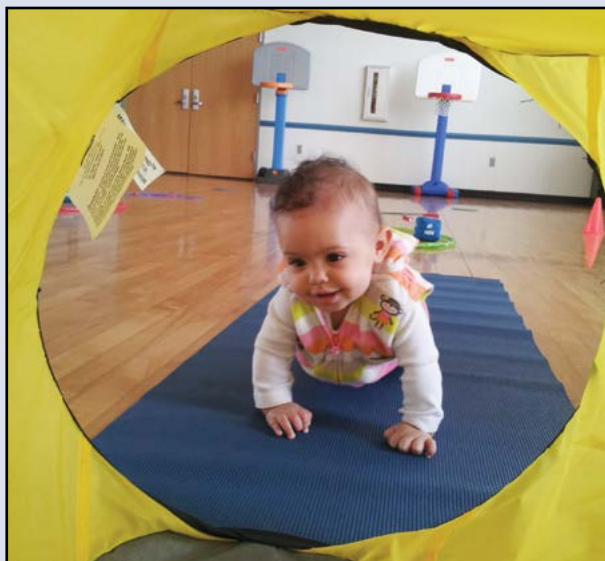
Age: 4-5

59330	Sa	6/24-8/5	10-10:45 AM	\$72/\$82
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Thomas Farm CC/Simpson



Time for Toddlers



Monday Morning Moms

Mondays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center

240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-noon

Thomas Farm Community Center

240-314-8840

Toddler Time

Wednesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center

240-314-8780

Polliwog Adventures

Select Thursdays,

10-11 a.m.

(Advanced registration required)

Croydon Creek Nature Center

240-314-8770



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Karate - Tiny Tigers



A fun-filled class designed for young children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Our small class sizes, training mats and professional environment will ensure that your child has a comfortable and exciting first experience! Fee includes belt and an official Kicks Karate uniform for first-time students.

Age: 3-4

59389	M & W	6/19-7/19	(M) 5:45-6:15 PM	\$119/\$129
			(W) 6:30-7 PM	\$119/\$129

59390	Tu & Th	6/20-7/20	4-4:30 PM	\$119/\$129
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60249	Sa	6/24-7/22	9:40-10:10 AM	\$65/\$75
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Kicks Karate/Staff

New! Zumba Fit Kids - Minis



A perfect way for 4-6 year old kids to get the chance to socialize with friends and jam out to their favorite music. Classes are high-energy dance parties that include dance steps, games, and cultural exploration in a fun class structure.

Age: 4-6

60239	F	6/23-8/11	12-12:45 PM	\$64/\$75
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Rockville Swim and Fitness Center/Fasano



Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Little Tennis Aces (Indoors)



Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5

59451 Su 6/18-7/23 9-9:45 AM

\$69/\$79

Thomas Farm CC/Z. Yargici

Soccer Skills Junior



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 3-4

59381 Sa 6/17-7/29 9-9:50 AM

\$75/\$85

King Farm Park/Hawkins/Salgado



Tiny Tykes Basketball



Enjoy exercise and fun, and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship are emphasized.

Age: 4-5

59391 Sa 6/24-8/12 10-10:45 AM

\$75/\$85

Thomas Farm CC/Rose

NOTIFY ME!

Sign up to receive notifications of Recreation and Parks programs, cultural arts and special events, community center activities and more.

Go to the city's website at www.rockvillemd.gov and click on "Notify Me" button



Thank You!



The generosity of the Rockville Recreation and Parks Foundation helps to ensure that hundreds of children can participate in recreation programs.

To learn more about the Rockville Recreation and Parks Foundation, please see page 60 or visit www.rrpfi.org



Outdoor Family Movie Night

Friday, June 2; 8-9:30 p.m.

Twinbrook Community Recreation Center

Enjoy a night of family fun watching a movie on the big screen. Held inside in case of inclement weather.

Refreshments sold by Twinbrook Elementary School PTA.

Free



Twinbrook Community Recreation Center Annex

Looking for something fun to do at the end of the summer? Take part in crafts, organized games, sports and other fun activities. Wear play clothes and tennis shoes. Bring a drink, lunch and snack.

\$200 Resident • \$220 Nonresident

240-314-8830

Preschool Fun

at

Lincoln Park Community Center

357 Frederick Ave.



PB&J

Play Books & Jam! Parents join your kids in this creative class as we read a book, then create a craft based on the story. Afterwards, we'll move and groove in the gym, jamming to music while we play with toddler toys. Age: 2-4.

Fridays July 28-August 25

10-11 a.m.

Course #60214

\$60 Resident; \$65 Nonresident

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see rockenroll.rockvillemd.gov. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level, which may be changed at the discretion of the instructor. Solid-color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See the "Teen" section for more classes.

Young Beginner - Age: 5-7

59358	Sa	6/24-8/5	10-11 AM	\$62/\$70
59359	Sa	6/24-8/5	11 AM-12 PM	\$62/\$70
Rockcrest Ballet Ctr./Chongpinitchai				

Beginner - Age: 6-13

59357	F	6/23-8/4	5:45-6:45 PM	\$85/\$95
59360	Sa	6/24-8/5	12:15-1:15 PM	\$62/\$70
Rockcrest Ballet Ctr./Simpson/Chongpinitchai				

Beginner Advanced - Age: 8+

59356	F	6/23-8/4	4:45-5:45 PM	\$85/\$95
Rockcrest Ballet Ctr./Simpson				

Intermediate I - Age: 8+

59354	M	6/19-7/31	4:45-5:45 PM	\$75/\$85
Rockcrest Ballet Ctr./Simpson				

Intermediate II - Age: 9+

59355	W	6/21-8/2	4:45-5:45 PM	\$85/\$95
Rockcrest Ballet Ctr./Simpson				

**Follow us on
Twitter and Instagram
@rockvillerec**

Free

All ages



Play at the Park!

Participate in organized games, sports and nature activities that are designed to get all moving and having fun. Enjoy music by Bobby D., Hooked on Drums. No registration required. Bring water and get ready 2 go!

College Gardens Park

May 18; 5:30 p.m.

615 College Garden Parkway

Hillcrest Park

June 8; 5:30 p.m.

1150 Crawford Drive

Weather permitting. For a weather update, call the Weather Line after 3 p.m.

240-314-5023 press 1.

Sponsored by:



Before and After School Enrichment

Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

60198	M-F	9/5-10/13	7-9:30 AM	\$125/\$135
60199	M-F	10/16-11/22	7-9:30 AM	\$125/\$135

Twinbrook Community Rec. Center Annex

After School Adventure

This afternoon program provides children with a safe and fun environment that includes computer lab, crafts, organized games and other enrichment activities. Transportation is available from Meadow Hall and Twinbrook elementaries. The program does meet on MCPS early release days.

Age: 5-11

60193	M-F	9/5-10/13	3:30-6:30 PM	\$150/\$170
60194	M-F	10/16-11/22	3:30-6:30 PM	\$150/\$170

Twinbrook Community Rec. Center Annex

Clubhouse

Children spend time learning, creating and exploring during this drop-in, after-school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick ups. Van transportation is provided from Maryvale Elementary School. All other local school students are transported by MCPS request.

Grade: K-5

60227	M-F	9/5-10/13	3:30-6:30 PM	\$115/\$135
60228	M-F	10/16-11/22	3:30-6:30 PM	\$115/\$135
60229	M-F	11/27-1/12	3:30-6:30 PM	\$115/\$135

Lincoln Park CC/Chase

Twinbrook After School Club

This afterschool program includes activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Come join the fun!

Age: 5-11

60129	M-F	9/5-10/13	3:50-6:30 PM	\$155/\$175
60130	M-F	10/16-11/22	3:50-6:30 PM	\$155/\$175
60131	M-F	11/27-1/12	3:50-6:30 PM	\$155/\$175

Twinbrook ES

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Kicks Karate

A fun-filled class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Our small class sizes, training mats and professional environment will ensure that your child has a comfortable and exciting first experience! Fee includes belt and an official Kicks Karate uniform for first-time students.

Little Ninjas - Age: 5-7

59373	M & W	6/19-7/19	(M)5:30-6:10 PM (W)4:15-4:55 PM	\$119/\$129
59374	Tu & Th	6/20-7/20	5:55-6:35 PM	\$119/\$129
60250	Sa	6/24-7/22	9-9:40 AM	\$65/\$75

Children - Age: 8-12

59375	M & W	6/19-7/19	(M)4:15-5 PM (W)5-5:45 PM	\$119/\$129
59376	Tu & Th	6/20-7/20	6:30-7:15 PM	\$119/\$129
60251	Sa	6/24-7/22	11:05-11:50 AM	\$65/\$75

Kicks Karate/Staff

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

59562	Sa	6/24-8/12	10:15-11 AM	\$86/\$99
59563	W	6/21-8/2	6:10-6:55 PM	\$98/\$113

Rockville Swim and Fitness Center/Resendiz

Self Defense (Kids)

Be prepared to defend yourself when you can't reason with someone and need to guard against an attack. Learn safety tips and various techniques to help you counter an offender's aggressive behavior when it's a last resort to resolve a situation.

Age: 7-11

60266	M	6/19	6:45-7:30 PM	Free Demo
59462	M	6/26-7/31	6:45-7:30 PM	\$49/\$59

Lincoln Park CC/Bowers

Taekwondo for Kids



Martial arts and fun activities that help your child learn self-defense, and improve their confidence and self-discipline. Class covers basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified fourth-degree black belt.

Age: 6-11
59569 Su 6/25-8/6 2:30-3:30 PM \$70/\$82
Rockville Swim and Fitness Center

Taekwondo for Kids-Intermediate



For students who have already taken Taekwondo for Kids, work on more advanced techniques. Covers kicks, blocks, strikes and self-defense. Taught by World Taekwondo Federation certified fourth-degree black belt Nury Crillo-Puente. Students have the optional opportunity for a belt promotion at the end of the course. Please note: A Taekwondo uniform is required for this class. Participants can wear their own or purchase one on the first day of class for \$20.

Age: 6-11
59570 Su 6/25-8/6 3:30-5 PM \$105/\$123
Rockville Swim and Fitness Center/Criollo-Puente

Yoga – For Kids



Learn yoga poses, breathing, and relaxation exercises to cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills and concentration. Wear comfortable clothing.

Age: 6-10
59333 Sa 6/24-7/15 10-10:45 AM \$40/\$45
Thomas Farm CC/Talley

Zumba Fit – Kids



Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and internationally inspired program, this high-energy/low-impact class has something to offer all fitness levels.

Age: 7-12
59581 Sa 6/24-8/5 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Fasano

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Basketball Skills and Development



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 8-11
60176 Th 6/15-8/3 5-5:50 PM \$79/\$89

Age: 11-16
60177 Th 6/15-8/3 6-6:50 PM \$79/\$89
Thomas Farm CC/Jordan

Fencing – Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9
59446 Th 7/13-8/31 6:15-7:15 PM \$128/\$140
59447 Sa 7/15-9/9 11 AM-12 PM \$128/\$140
Rockville Fencing Academy/Staff

Age: 10-13
59448 Th 7/13-8/31 7:20-8:40 PM \$128/\$140
59449 Sa 7/15-9/9 12:20-1:40 PM \$128/\$140
Rockville Fencing Academy/Staff

Little Big Shots Basketball



Children are introduced to basketball skills such as dribbling, passing, catching and shooting, all through fun games and activities. Develop motor skills and learn good sportsmanship along the way.

Age: 6-8
59377 Sa 6/24-8/12 11-11:50 AM \$75/\$85
Thomas Farm CC/Rose

Follow us on
Twitter and Instagram
@rockvillerec

Worried about the weather?
Call the Rec Line at 240-314-5023.
Select #1 for class status.

Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 3-4 (Junior)

59381 Sa 6/17-7/29 9-9:50 AM \$75/\$85

Age: 4-5

59382 Sa 6/17-7/29 10-10:50 AM \$75/\$85

Age: 6-8

59534 Sa 6/17-7/29 11-11:50 AM \$75/\$85
 King Farm Park/Hawkins/Salgado

Age: 4-6

59383 Th 6/22-7/27 5-5:50 PM \$75/\$85

Age: 7-9

59384 Th 6/22-7/27 6-6:50 PM \$75/\$85
 Montrose CC & Pk./Thomas

New! T-Ball/Baseball Skills

Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are emphasized and more advanced game-like situations are introduced as skills advance. Bring a mitt to class.

Beginner

Age: 4-6

60254 Sa 6/17-7/29 10-10:50 AM \$75/\$85
 King Farm Park/Hawkins

Age: 4-6

60256 Tu 6/13-7/25 5-5:50 PM \$75/\$85
 Montrose CC & Pk./Thomas

Intermediate

Age: 6-8

60255 Sa 6/17-7/29 11-11:50 AM \$75/\$85
 King Farm Park/Hawkins

Age: 6-8

60257 Tu 6/13-7/25 6-6:50 PM \$75/\$85
 Montrose CC & Pk./Thomas

Tennis - 10 and Under



Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 5-6

59467 Sa 6/17-7/22 9-9:50 AM \$75/\$85
 King Farm Park/Z. Yargici

Age: 5-7

59470 W 6/21-7/26 5:30-6:20 PM \$75/\$85
 Woodley Gardens Pk./Raaf

Age: 6-8 (Indoors)

59469 Su 6/18-7/23 10-10:50 AM \$75/\$85
 Thomas Farm/Z. Yargici

Age: 6-8

59471 Th 6/22-7/27 5-5:50 PM \$75/\$85
 Montrose CC & Pk./Z. Yargici

Age: 6-8

59473 Sa 6/24-7/29 3-3:50 PM \$75/\$85
 Woodley Gardens Pk./Raaf

Age: 6-8

60119 Sa 6/17-7/22 4-4:50 PM \$75/\$85
 Thomas Farm CC/Z. Yargici

Age: 7-8

59468 Sa 6/17-7/22 10-10:50 AM \$75/\$85
 King Farm Park/Z. Yargici

Age: 8-10

59472 Th 6/22-7/27 6-6:50 PM \$75/\$85
 Montrose CC & Pk./Z. Yargici





Tennis (Adult/Child)



Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; please register child only. Adults should bring a racket. All other equipment is provided.

Age: 8-10

59464 Sa 6/17-7/22 5-5:50 PM \$89/\$99
Thomas Farm CC/Z. Yargici

Tennis Skills and Drills



Develop and improve fundamental skills, including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that keep you moving. Bring a racket and water bottle.

Age: 9-12

59485 Sa 6/17-7/22 5-5:50 PM \$75/\$85
Mattie Stepanek Park/M. Yargici

Age: 9-11

59481 Sa 6/17-7/22 11-11:50 AM \$75/\$85
King Farm Park/Z. Yargici

Age: 12-15

59482 Sa 6/17-7/8 10-10:50 PM \$50/\$60
Civic Center Park/Zatman



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

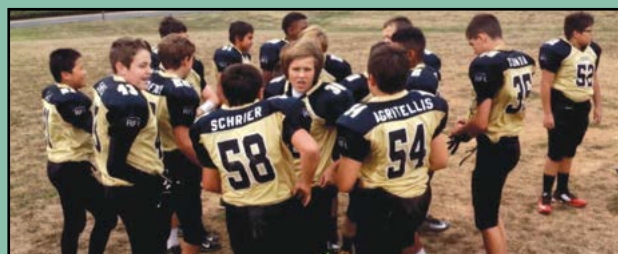
REGISTER EARLY!

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this fall:

- Youth Soccer
- Youth Cross Country

For more information call 240-314-8620 or email sports@rockvillemd.gov



ROCKVILLE FOOTBALL LEAGUE

Tackle
Ages 6-14

Start Dates:
Practices begin Aug. 1
Games begin early September

Location:
Mattie Stepanek Park
1800 Piccard Drive, Rockville, MD 20850

Registration:
Information and fees available
on RFL website

rfl.cc.leagu1.com

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Fall Cross Country



Have a blast with your friends running cross country in the fall. Program includes practices and meets for boys and girls. Five meets are planned at courses around the city on Saturday mornings. Volunteer coaches will conduct one practice during the week starting the week of Sept. 5 and continuing throughout the season. Montgomery County Road Runners assist with the meets. **Early bird registration: register by Aug. 17 until 5 p.m. and save \$10.** Registration deadline is Aug. 23. Cost: prior to and on Aug. 17, fee is \$59 resident (R)/\$69 nonresident (NR) (early bird). After Aug. 17, fee is \$69R/\$79NR

Divisions:

Lil' Rabbits - Grades: 1-3
59398 – run ¾ of a mile at meets

Striders – Grades: 4-6
59399 – run 1 mile at meets

Rapid Runners – Grades: 6-8
59400 – run 2 miles at meets

Season timeframe: Saturdays, 8-10 a.m., 9/23-11/4

Meet locations include: Civic Center Park, Dogwood Park, and Woodley Gardens Park

Practice timeframe: weekday evenings (1 hour), 9/5-11/3.

Youth Tennis Tournaments



Everyone's a winner with our Youth Tennis Tournament! Emphasizes skill development in a fun, non-competitive tournament, which is sanctioned by the United States Tennis Association. Participants will have a smashing time using kid-sized courts, nets, rackets, and low-compression balls.

Age: 9-10

59303	Su	6/11	11 AM-5 PM	\$28/\$33
59307	Sa	9/2	11 AM-5 PM	\$28/\$33

Age: 11-12

59308	Sa	8/26	11 AM-5 PM	\$28/\$33
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Rockville Tennis Courts

Co-Ed Fall Soccer League



Your child will have a safe and beneficial soccer experience. Emphasis is based on skill development and fun. There will be one practice during the week starting the week Sept. 5 and continuing throughout the season. Games will be on Saturdays starting Sept. 16. Coaches will inform team members regarding practice and game times.

Early bird registration: register by Aug. 17 until 5 p.m. and save \$10. Registration deadline is Aug. 23.

Pre-K to third grade:

Cost: prior to and on Aug. 17, fee is \$60 resident (R)/\$70 nonresident (NR) (early bird). After Aug. 17, fee is \$70R/\$80NR

Divisions:

Ankle Biters

Grade: Pre-K, 59396, play 4 v 4

Tiny Kicks

Grade: Kindergarten, 59392, play 4 v 4

Strikers

Grade: 1st, 59397, play 5 v 5

Pee Wees

Grades: 2-3, 59393, play 7 v 7

Season timeframe: Saturdays, 9 a.m.-2 p.m., 9/16-11/4

Location: Broome Athletic Park

Practice timeframe: weekday evenings (1 hour), 9/5-11/3.

4th to 8th grade:

Cost: prior to and on Aug. 17, fee is \$62R/\$72NR (early bird). After Aug 17, fee is \$72R/\$82NR

Divisions:

Bantams

Grades: 4-5, 59394 play 9 v 9

Midgets

Grades: 6-8, 59395 play 11 v 11

Season timeframe: Saturdays, 9 a.m.-2 p.m., 9/16-11/11

Location:

Mark Twain Athletic Park

Practice timeframe: weekday evenings (1 hour), 9/5-11/10.

Worried about the weather?

Call the Sports League Line
at 240-314-5055.

Celebrate National Public Works Week

FREE!

with

Rockville's Equipment Show



**Thursday, May 25
11 a.m.-4:30 p.m.**

**Rockville Swim and
Fitness Center**

Outdoor Pool Parking Lot
355 Martins Lane

- For kids – and kids at heart!
- Climb aboard some of the big trucks used by the city's Department of Public Works.
- Balloons, popcorn, coloring books and other giveaways.
- Meet staff from the city's Department of Public Works.

For more information, contact
Susan Fournier at 240-314-8503 or
sfournier@rockvillemd.gov

www.rockvillemd.gov/publicworks



Rockville 10K/5K Race

Join us for the 42nd annual and oldest continuing foot race in Montgomery County on Sunday, Nov. 5. The race takes place in King Farm Village Center, beginning at 8:30 a.m. and followed by a post-race brunch. We have something for everyone... select from the 5K race, 10K race, or Kids 1 Mile Fun Run! For more information, visit www.rockville10k5k.com.

2017 Race Fees:

5K & 10K

Early Bird rate: \$30 register by Friday, June 30 to receive \$5 discount
\$35 online/mail-in through Thursday, Nov. 2
\$45 at packet pick up on Saturday, Nov. 4
and walk-up on race day.

Kids 1 Mile Fun Run: \$12



What's Happening in Rockville?

**Have a list of Rockville's weekly
events delivered to your email,
every Thursday.**

- Recreation and Parks programs
- Special events
- Important meetings and more ...

**Sign up today and look to
the week ahead.**

www.rockvillemd.gov/thisweek



Five family movies. Five nights.
Five neighborhood parks.

On the big screen every Wednesday

Aug. 2-23

Chairs, blankets, food and beverages are welcome. Movies begin at dusk (approximately 8 p.m.).

Toy Story (G) - Wednesday, Aug. 2

Montrose Park, 451 Congressional Lane

Sing (PG) - Wednesday, Aug. 9

Fallsgrove Park, 700 Fallsgrove Drive

The Sandlot (PG) - Wednesday, Aug. 16

Woodley Gardens Park, 900 Nelson St.

Zootopia (PG) - Wednesday, Aug. 23

Calvin Park, 1248 Gladstone Drive

www.rockvillemd.gov/moviesintheparks

Back-To-School Jam



**Friday Aug. 25
6-8:30 p.m.**

Lincoln Park Community Center

- \$2 per backpack with some school supplies for City of Rockville students. (limit of four per family)
- Information Tables
- School Representatives
- DJ and Prizes
- Food, Drinks and More

*Thank you to all our sponsors
and volunteers from
Rockville Housing Enterprises,
City of Rockville, Linkages to Learning.
Proof of residency and school required.*

240-314-8780

www.rockvillemd.gov/lpcc

REDGATE JUNIOR GOLF CAMP

SPRING BREAK AND
ALL SUMMER LONG!

REGISTER TODAY

Register at redgategolf.com/academy



MANAGED BY
BILLY CASPER GOLF

Register now for summer camp



June 19 - September 1, 2017
Ages 5-18

Discover new talents, create new artwork,
and make new friends at VisArts this
summer. One-week and two-week art camps
allow students to explore various media,
from drawing, painting, and
woodworking to mixed media.

Before care and extended care are available.

visarts
SUMMER
CAMP
2017



Register at
www.visartsatrockville.org

155 Gibbs Street, Rockville, MD 20850 | 301-315-8200

Help Rockville Youth Become a



- Work with elementary school students.
- One-on-one mentoring, one hour after school once/week, October – May.
- Training and support provided.
- Meet in a supervised group setting with other mentor matches.

No special skills needed ...

just a willingness to listen,
offer guidance, friendship and
encouragement.

Service learning credits available
for high school students over age 16.

Learn more about the Rockville
Mentoring Program by calling

Kate Bouwkamp at
240-314-8317 or

email: kbouwkamp@rockvillemd.gov

Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Oct. 15
www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

April 15-Oct. 15
www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770

www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.

Celebrate Honeybees (Adult/Child)

Learn about the amazing and gentle honeybee with our volunteer beekeeper. Explore beekeeping, honeybee biology, and extract honey from the comb. All participants must register and children under age 10 must be accompanied by a registered adult.

Age: 5+

60149 Sa 7/29 1:30-3 PM \$5/\$6

Creek Crawl

How many different animals live in Croydon Creek? Find out as we spend an afternoon in our aquatic habitat searching and identifying local critters. Wear closed-toe shoes and bring a towel. Children under 7 must be accompanied by an adult. All participants must register.

Age: 1+

60156 Su 7/16 2-3:30 PM \$5/\$6

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

Ask A Naturalist - All Ages

Curious about nature? You bring your burning questions about the natural world and we'll bring the s'mores ingredients.

59200 Sa 5/20 3:30-4:30 PM \$5/\$6

New! Eco-Explorers Day Camp

End your summer with the naturalists at CCNC, exploring the forest, investigating the meadow and splashing in the creek. Enjoy hikes in the Hayes Forest Preserve, games and other creative outdoor activities each day. Bring a lunch.

Age: 7-10

60158	M	8/28	8:30 AM-4 PM	\$55/\$65
60159	Tu	8/29	8:30 AM-4 PM	\$55/\$65
60160	W	8/30	8:30 AM-4 PM	\$55/\$65

iNaturalist

iNaturalist is a site, app and community for reporting personal observations of any plant or animal in the world. It's a great platform for recording daily observations of the living natural world and a useful tool to find out what others have seen in a particular area. We'll explain more about the app and website and teach participants how to use the app on a hike in the forest. Download it on iTunes or Google Play prior to class.

Age: 12+

59193 Sa 5/13 9:30-10:30 AM Free

Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors, weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended. Ages 18-36 months.

Flowers

59207 Th 5/18 10-11 AM \$7/\$8

Sounds in Nature

59208 Th 6/1 10-11 AM \$7/\$8

Butterflies

59209 Th 6/15 10-11 AM \$7/\$8

Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather. Adult participation required. Spaces are limited. Ages 2-5 years.

Nocturnal Animals

59189 Sa 5/20 10-11:30 AM \$8/\$10

Creek Critters

59190 Sa 6/17 10-11:30 AM \$8/\$10



Outdoor Science Club



Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve. Ages 6-8 years.

Plants

Spend time in the meadow and forest learning how to identify common flowering plants.

59214 Su 5/21 1:30-3 PM \$8/\$10

Spring Stream Ecology

Prepare to get wet as we take to the creek to discover late-spring macroinvertebrates.

59215 Su 6/18 1:30-3 PM \$8/\$10

Polliwog Adventures (Adult/Child)



Each week explore a new topic in natural history. Through stories, short hikes, games and activities, little ones learn about nature in a hands-on environment. Adult participation required. Spaces are limited. Ages 2-5 years.

Honeybees Buzz

60141 Th 7/6 10-11 AM \$7/\$8

Secret of Seeds

60142 Th 7/13 10-11 AM \$7/\$8

Worms & Bugs

60143 Th 7/20 10-11 AM \$7/\$8

Marvelous Mammals

60144 Th 8/3 10-11 AM \$7/\$8

Reptiles & Amphibians

60145 Th 8/17 10-11 AM \$7/\$8

In the Meadow

60146 Th 8/24 10-11 AM \$7/\$8



Saturday, May 20 • 9 a.m.-5 p.m.

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

KIDS TO PARKS DAY

Spend time outdoors. Enjoy the Hayes Forest Preserve.

240-314-8770

Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register. This program is dependent on good weather and clear skies.

Age: 7+

59203 Sa 6/3 9-10 PM \$7/\$9



Nature Center Camps 2017

**Camps start
June 19 and run until Aug. 30**

Full and half-day options are available

**Spend your summer at the
Nature Center!**

**Hike in the forest, hunt bugs in
the meadow and wade in the
creek!**

**Find Croydon Creek programs online at
www.rockvillemd.gov/croydoncreek**

5-7 year olds
Guppy Nature Camp

6-8 year olds
Art in the Park

7-10 year olds
Eco-Explorers Day Camp

15 Things to Celebrate



Opened in April 2002, CCNC was envisioned as a place for local residents to discover the wonders of nature in Rockville. Here's a list of activities that you can do to help us celebrate 15 years of providing high-quality environmental education programs to the public!

1. Enjoy a free bird hike on April 1*
2. Help clean up the creek on April 8
3. Spend the day at our Spring Festival and Native Plant Sale on April 29
4. Take a hike in the Hayes Forest Preserve
5. Share your favorite Croydon Creek photo on Instagram using #croydoncreek
6. Help at our Invasive Species Plant Pull on May 7
7. Bring a question to our Ask a Naturalist Campfire on April 2 or May 20*
8. Learn about the stars at our Summer Star Party on June 3*
9. Join us for a Family Creek Crawl on July 16*
10. Participate in our coloring contest happening June-August
11. Attend our birthday party on Sept. 16*
12. Visit 15 of Rockville's 65 parks
13. Stop by for a self-guided scavenger hunt happening during the month of September
14. Bring a friend to our Croydon Creep Halloween Event on Oct. 20
15. Stop by in October to sign our anniversary photo

*Registration required for this event

Bringing the Fun to Your Neighborhood



Arts • Crafts • Sports • Games • Health and Wellness

June 26 - Aug. 3

Open to children ages 6-12 • Weekdays, 9:30 a.m.-3:30 p.m.

Playground Locations

COURSE #		COURSE #		COURSE #	
58217	Beall	58220	Isreal Park/LPCC [†]	58223	Potomac Woods Park
58218	Elwood Smith	58221	Robert Frost MS*	58225	Twinbrook ES
58219	Fallsgrove Park/TFCC	58222	Montrose Park	58224	Woodley Gardens Park

*Location Change, replacing Lakewood E.S. [†]See Clubhouse Extra for extended care on pg. 23

Playground Extras:

Swimming • Soccer Aces • Mini-Golf • Zava Zone

Additional fees apply, see course numbers online.

See Camp Guide for more details
Register via Rock Enroll at rockenroll.rockvillemd.gov
or at City Hall or City recreation facilities.



Any individuals with disabilities who may require assistance to attend this program, or who have questions about accessibility, may contact the ADA Coordinator at 240-314-8108 (TDD 240-314-8137). Para leer esta información en otros idiomas, consulte el cuadro "Select Language" en la esquina inferior derecha de la página en www.rockvillemd.gov/summerplaygrounds. 阅读其他语言的信息, 请参阅“选择语言”框在页面的右下角处 www.rockvillemd.gov/summerplaygrounds. 다른 언어로이 정보를 읽어 www.rockvillemd.gov/summerplaygrounds 에서 페이지의 오른쪽 하단에있는“언어 선택”상자를 참조하십시오.

240-314-8620 • www.rockvillemd.gov/summerplaygrounds



Summer Camps Open House

held at Croydon Creek Nature Center

Friday, June 2, 5:30-7:30 p.m.

Registered for a summer camp/playground in Rockville?

Bring your kids and their completed camp forms this evening to CCNC to experience a city summer camp preview.

Children will meet some of our staff, try a few camp activities and roast marshmallows by the campfire while adults drop off completed camp paperwork.

FREE EVENT

Open to families registered for any summer camp operated by the City of Rockville.

852 Avery Road, Rockville, MD

240-314-8770



Clubhouse Extra Camp

Lincoln Park Community Center

June 26-Aug. 3

Cost: \$60R/\$100NR

Course #58392

EXTENDED DAY PROGRAM

Mon.-Fri., 3:30-6:30 p.m.

Ages 6-12

Crafts, sports, games, computer fun and daily snack.

Program closed on 7/4 and 8/4

Transportation is not provided

www.rockvillemd.gov/lpcc



July 10-14, 9 a.m.-3 p.m.

July 17-21, 9 a.m.-3 p.m.

Thomas Farm Community Center

Explore many of the world's countries through art, music, cooking, dance, games and culture. A field trip is included. Bring a drink, lunch and snack. Wear play clothes and athletic shoes. Age: 6-10

Register for course #58397, Week 1

Course #58398, Week 2; cost \$200R/\$225NR

Summer Camps are just around the corner! Check out these camps and more at www.rockvillemd.gov/camps or pick up your Camp Guide at City Hall, Rockville recreation centers or the Rockville or Twinbrook libraries. Register now, while there are still openings!

Cheerleading 6-11 yrs	#58121	6/26-6/30	9 AM-3 PM	\$205/\$215
Cheerleading Extended Day	#58122	6/26-6/30	3-6 PM	\$45/\$52
College Gardens ES - 1700 Yale Pl.				

Coach Doug Summer	#58125	7/24-7/28	9 AM-3:30 PM	\$215/\$225
Camp Adventures 5-13 yrs	#58126	7/31-8/4	9 AM-3:30 PM	\$215/\$225
Julius West MS - 651 Great Falls Rd. - Before and aftercare also available				

10 and Under Tennis Camp 7-10 yrs	#58110	6/19-6/23	9-11:30 AM	\$175/\$195
	#58111	7/3-7/7	9-11:30 AM	\$159/\$179
King Farm Park - 401 Watkins Pond Blvd.				

Mad Science - 3-2-1 Blast Off! 7-11 yrs	#58163	6/20-6/23	9 AM-4 PM	\$269/\$279
Mad Science - Red Hot Robots 7-11 yrs	#58164	6/26-6/30	9 AM-4 PM	\$335/\$345
Lakewood ES - 2534 Lindley Ter.				

Ballet Camp 5-11 yrs	#58212	7/10-7/14	9 AM-12 PM	\$119/\$129
Ballet Camp 12+yrs	#58213	7/10-7/14	1-4 PM	\$119/\$129
Rockcrest Ballet Center - 1331 Broadwood Dr.				

Abrakadoodle – Art Rocks! 6-12 yrs	#58112	8/14-8/18	9 AM-12 PM	\$180/\$199
Abrakadoodle Lunch Bunch	#58113	8/14-8/18	12-1 PM	\$12/\$17
Abrakadoodle – Yummy Art 6-12 yrs	#58408	8/14-8/18	1-4 PM	\$180/\$199
Rockville Senior Center - 1150 Carnation Dr.				

DEILAB – RC Racing Academy 9-12 yrs	#58133	8/7-8/11	1-4 PM	\$235/\$250
Hip-Hop and More 7-12 yrs	#58153	6/26-6/30	9:30 AM-2:30 PM	\$195/\$215
	#58413	7/24-7/28	9:30 AM-2:30 PM	\$195/\$215
Thomas Farm CC - 700 Fallsgrove Dr.				

Tennis and Swim 5-8 yrs	#58200	6/26-6/29	9:30 AM-12:30 PM	\$165/\$185
UK Elite Int'l Sports Camp 6-12 yrs	#58214	8/21-8/25	9 AM-4PM	\$249/\$259
UK Elite Soccer Camp 5-7 yrs	#58203	6/26-6/30	9:30 AM-12:30 PM	\$175/\$185
	#58204	8/14-8/18	9:30 AM-12:30 PM	\$175/\$185
UK Elite Soccer School 8-12 yrs	#58205	6/26-6/30	9:30 AM-12:30 PM	\$175/\$185
	#58206	8/14-8/18	9:30 AM-12:30 PM	\$175/\$185
Welsh Park - 344 Martins Ln.				

Summer Blast

Rockville's traditional premiere all-day, summer-long camp. Work in Rockville but don't live here? No problem! Nonresidents are welcome!

Age: 5-11

7:30 a.m.-6 p.m.

Have a blast at this all-day, all-summer fun and active camp! Register by the week or stay all summer long. Enjoy the best in camp games, crafts, sports, gym time, outdoor play, theme weeks and much more! Swimming several times every week and special events add to the excitement. Children are grouped by age. Early morning and late-afternoon activities offered in a supervised, informal setting. Bring a bag lunch, snack and drink. Register for the seven-week option and save. Participants must be age 5 by Sept. 1, 2017.



New This Year

Extended Summer Blast

58566 8/21-8/25 \$225/\$239

Elwood Smith RC

Robert Frost MS*

58176	6/21-6/23	\$135/\$149
58177	6/26-6/30	\$225/\$239
58178	7/3-7/7	\$180/\$195
58179	7/10-7/14	\$225/\$239
58180	7/17-7/21	\$225/\$239
58182	7/24-7/28	\$225/\$239
58407	7/31-8/4	\$225/\$239
58562	8/7-8/11	\$225/\$239
58183	6/21-8/11	\$1585/\$1689

New! Ritchie Park ES

58376	6/21-6/23	\$135/\$149
58377	6/26-6/30	\$225/\$239
58378	7/3-7/7	\$180/\$195
58379	7/10-7/14	\$225/\$239
58418	7/17-7/21	\$225/\$239
58380	7/24-7/28	\$225/\$239
58381	7/31-8/4	\$225/\$239
58564	8/7-8/11	\$225/\$239
58382	6/21-8/11	\$1585/\$1689

Twinbrook Community Rec. Center Annex

58193	6/26-6/30	\$225/\$239
58194	7/3-7/7	\$180/\$195
58195	7/10-7/14	\$225/\$239
58196	7/17-7/21	\$225/\$239
58197	7/24-7/28	\$225/\$239
58956	7/31-8/4	\$225/\$239
58198	8/7-8/11	\$225/\$239
58563	8/14-8/18	\$225/\$239
58199	6/19-8/18	\$1880/\$2000

*Location change, replaces Lakewood ES



Reminder

Don't forget your swimsuit and towel on swim days!

Teens on the GO

exciting

NEW
excursions
in 2017!

Teens on the GO is a summer program for youth entering grades 6-10, held **Monday-Friday** between **June 26-Aug. 11**. Teens will be picked up and dropped off daily at **Thomas Farm Community Center, 700 Falls Grove Drive, Rockville**.

This summer, participants will be on the go. **Monday will be Swim Day and Tuesday through Friday will be out and about on fun, safe and adventurous trips.** One week prior to each trip, an itinerary with specific information will be emailed to each participant. If you don't receive one, call 240-314-8652.

Cost: \$275/\$295 per week. Week of July 3-7, \$220/236. Cost includes entrance fees, MCPS or charter bus transportation and supervision. Trips/schedules are subject to change. All return times are approximate. Must register as a TOTG member (#59255). This course is free.

Teens on the Go participants can purchase a special center pass in order to use community center services when waiting for trips to leave the center and on return. This pass does not include the fitness center. The cost is \$10 for residents and \$15 for nonresidents. The pass is only good Monday through Friday for the duration of the Teens on the Go program.

June 26-June 30 – Deadline to register 6/16

59245	Swimming Noon-5 p.m.	Mystics Game 10 a.m.-4 p.m.	Splash Down 10 a.m.-5 p.m.	Billy Goat Trail/Ice Cream 11 a.m.-5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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July 3-7 – Deadline to register 6/23

59246	Swimming Noon-5 p.m.	No Camp 4th of July	Ropes Course/Swim 10 a.m.-5 p.m.	Sky Zone/Movie 10 a.m.-5 p.m.	Six Flags 10 a.m.-8 p.m.
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July 10-14 – Deadline to register 6/30

59247	Swimming Noon-5 p.m.	ZavaZone/Bowling 10 a.m.-5 p.m.	Pottery & Laser Tag 10 a.m.-3 p.m.	Medieval Times 9 a.m.-3 p.m.	Rafting 8 a.m.-4 p.m.
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July 17-21 – Deadline to register 7/7

59248	Swimming Noon-5 p.m.	Cunningham Falls 10 a.m.-5 p.m.	Mystic Game 10 a.m.-4 p.m.	Spy Museum 10 a.m.-5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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July 24-28 – Deadline to register 7/14

59249	Swimming Noon-5 p.m.	Dave & Buster's/Movie 10 a.m.-5 p.m.	River Tubing 8 a.m.-4 p.m.	Nationals Game 10 a.m.-5 p.m.	Six Flags 10 a.m.-8 p.m.
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July 31-August 4 – Deadline to register 7/21

59250	Swimming Noon-5 p.m.	Sky Zone/Movie 10 a.m.-5 p.m.	Billy Goat Trail/Ice Cream 11 a.m.-5 p.m.	Splash Down 10 a.m.-5 p.m.	Hershey Park 8 a.m.-8 p.m.
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August 7-11 – Deadline to register 7/28

59251	Swimming Noon-5 p.m.	Pottery/Laser Tag 10 a.m.-3 p.m.	Rope Course/Swim 10 a.m.-5 p.m.	ZavaZone/Bowling 10 a.m.-5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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Arts, Dance and Enrichment



Ballet Intensive



A course designed to give advanced ballet students an opportunity to concentrate on fundamental technique and increase strength and stamina. Course features a 90-minute technique class followed by a variation of pointe/pre pointe work, strength and conditioning, and artistry. Bring a snack. Prerequisite Ballet Level Intermediate III & IV or permission from the instructor.

Age: 12+

59334 M-F 8/21-8/25 5:30-8:30 PM \$135/\$145
Rockcrest Ballet Ctr./Simpson

Ballet Teen and Adult



Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See "Adult and Children Ballet" for more classes.

Intermediate III and Beginner Pointe - Age: 12+

59368 Tu 6/20-8/1 5-6:30 PM \$95/\$105
Rockcrest Ballet Ctr./Simpson

Intermediate III and Beginner Pointe - Age: 12+

59369 Th 6/22-8/3 5-6:30 PM \$105/\$115
Rockcrest Ballet Ctr./Chongpinitchai

Advanced - Age: 13+

59366 M 6/19-7/31 5:45-7:15 PM \$95/\$105
Rockcrest Ballet Ctr./Chongpinitchai

Advanced - Age: 13+

59367 W 6/21-8/2 5:45-7:15 PM \$105/\$115
Rockcrest Ballet Ctr./Simpson

Before and After School Enrichment

Twinbrook Teen Scene



The Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8

60207	M-F	9/5-10/13	3-6:30 PM	\$150/\$170
60208	M-F	10/16-11/22	3-6:30 PM	\$150/\$170

Twinbrook CRC



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Teen Fit



This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

59571 M 6/19-8/7 7-8 PM \$70/\$81
Rockville Swim and Fitness Center/Colbert

Yoga for Teens



All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation. This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

59578 Su 6/25-8/6 10:15-11:15 AM \$89/\$105
Rockville Swim and Fitness Center

Sk8 Park

355 Martins Lane
(behind Swim and Fitness Center)

featuring:

Micro Ramp with
Escalator and Pyramid



Hours: 9 a.m. - 9 p.m. • 7 Days a Week
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark



DISCOUNTED THEME PARK TICKETS

On sale now!

For parks, prices and
information, call 240-314-5024.

[www.rockvillemd.gov/
themeparks](http://www.rockvillemd.gov/themeparks)



WE WANT YOU!

Are you great with children?
Are you enthusiastic and energetic?
Are you creative?

**Apply Now for Summer 2017
Camps and Playgrounds**

Employment opportunities available June through August

- Plan and teach sports and games • Outdoor activities • Arts and crafts • Special events
- Swimming • Theme weeks and more!

For job openings and application information, visit www.rockvillemd.gov/careers
Applications may also be completed at Rockville City Hall, Human Resources,
111 Maryland Ave., Rockville, MD 20850. EOE

Twinbrook Community Day Open House

May 13

1-3 p.m.

Twinbrook Community Recreation Center

Come out and connect, create and celebrate with your neighbors! Fun activities for all ages; childrens crafts, games and more.

Free

240-314-8830



11th Annual Rockville Ride of Silence

Town Center Plaza

Wednesday, May 17, 7 p.m.

Meet in front of the Rockville library with your bike and helmet for a 10-mile police-escorted ride through Rockville neighborhoods to honor those who have been killed or injured on a bicycle. Participants must be comfortable riding on streets with traffic and ride approximately 10 miles in one hour. Free; no registration needed.

www.rideofsilence.org
for additional information

Rockville Farmers Market



**Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods**

Saturdays

May 13-Nov. 18 • 9 a.m.-1 p.m.

corner of Route 28 and Monroe Street

WIC and EBT/SNAP accepted

[www.Facebook.com/
RockvilleFarmersMarket](http://www.Facebook.com/RockvilleFarmersMarket)



www.rockvillemd.gov/farmers • 240-314-8620

Officials needed!

Youth and Adult Sports Leagues

Weekday evenings and weekend games for the following leagues:

- Youth Soccer
- Youth Baseball
- Adult Softball
- Adult Basketball



Register a Team in our Adult Fall Sports Leagues



Co-Rec and Women's Volleyball
Co-Rec and Men's Softball
Men's Basketball &
Co-Rec Soccer 7's

LEAGUE PLAY BEGINS:

Week of Aug. 21 – Men's Softball
 Sept. 7 – Women's Volleyball
 Sept. 8 – Co-Rec Softball
 Sept. 11 – Co-Rec Volleyball
 Sept. 18 – Men's Basketball
 Sept. 7 – Co-Rec Soccer 7's

Fax or Mail to:
 240-314-8659

City of Rockville

Dept. of Recreation and Parks
 111 Maryland Ave., Rockville MD 20850
 Attn: Sports Division

www.rockvillemd.gov/recreation/sports

**Register
Early!**



Presented by



City of
Rockville
Get Into It



**Montgomery
County
Road Runners
Club**

Saturday, June 24
from 7-9 p.m.

The great 5K course on neighborhood roads begins and ends in Town Center with a post-race party featuring a commemorative mug, music and the opportunity to sample some great beverages.

5K Registration Fees

- Adult \$35/\$40* Late (May 30-June 24)
- Youth (10-20) \$20/\$25* Late (May 30-June 24)
- Child (Under 10) \$15/\$20* Late (May 30-June 24)

KidZone Registration Fees

(Includes Kids Fun Run, children's activities and light refreshments)

- Ages 5-9: \$10
- Ages 4 and younger: Free, registration requested

Register at
www.rockvillemd.gov/sudsandsoles

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. Register by mail, fax or walk-in to receive a discount.

Beginner-Intermediate - Age: 13+
59338 Sa 6/24-8/5 9-10 AM \$62/\$70
Rockcrest Ballet Ctr./Chongpinitchai

Beginner-Intermediate - Age: 13+
59342 Th 6/22-8/3 8-9:15 PM \$92/\$102
Rockcrest Ballet Ctr./Simpson

Advanced - Age: 13+
59339 Tu 6/20-8/1 6:30-8 PM \$95/\$105
Rockcrest Ballet Ctr./Simpson

Advanced - Age: 13+
59341 Th 6/22-8/3 6:30-8 PM \$105/\$115
Rockcrest Ballet Ctr./Chongpinitchai

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+
59434 Sa 6/17-8/12 8:30-9:30 AM \$60/\$70
Rockville Sr. Ctr.

60252 W 6/21-8/23 6:20-7:15 PM \$75/\$85
Thomas Farm CC/Ramsey

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+
59543 M 6/19-8/7 12:45-1:15 PM \$40/\$48
59544 M 6/19-8/7 8:05-8:35 PM \$40/\$48
59545 W 6/21-8/9 12:45-1:15 PM \$40/\$48
59546 W 6/21-8/9 8:05-8:35 PM \$40/\$48
59547 F 6/23-8/11 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center/Gwet

Body Fit

Cardio moves combined with strength building, core work and stretching to get your body in tiptop shape. Challenge yourself to reach your fitness goals with this full-body workout. Bring a mat and weights to class.

Age: 16+
59435 Tu 7/11-8/15 6-6:45 PM \$44/\$54
Twinbrook CRC/Ramsey

Body Sculpt

Be prepared to sweat! This total body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+
59548 Tu 6/20-8/8 5:30-6:30 PM \$56/\$65
Rockville Swim and Fitness Center/Johnson

New! Ballet Workshop – Advanced Beginner

A chance to strengthen technique, correct alignment, perfect turns, and push yourself to a realm of dance you have always wished to enter. Session begins with full barre and technique class, followed by workshops of: Friday, adagio and alignment; Saturday, perfecting pirouettes and turns; Sunday, ballon and beats, feeling lightweight in jumps. Each class ends with a variation utilizing what was focused on in the workshop.

Age: 12+
58579 F 6/9 7-9:30 PM \$25
58580 Sa 6/10 12-2:30 PM \$25
58581 Su 6/11 12-2:30 PM \$25
Rockcrest Ballet Ctr./Chongpinitchai



Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class starts with a quick warmup followed by high-intensity intervals of cardio and strength training, finishing with a full-body stretch. The focus is on maintaining great form throughout all of the movements.

Age: 16+
59549 Tu 6/20-8/8 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Gwet

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+
59550 M 6/19-8/7 5:45-6:45 PM \$64/\$75
59551 W 6/21-8/9 5:30-6:30 PM \$64/\$75
Rockville Swim and Fitness Center/Resendiz

Bootcamp – Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Work out in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+
59553 M 6/19-8/7 7-8 PM \$64/\$75
Rockville Swim and Fitness Center/Resendiz

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+
59556 Th 6/22-8/10 7-8 PM \$64/\$75
Rockville Swim and Fitness Center/Resendiz

Chair-Zumba

This class allows the participant to enjoy all of the Zumba dance moves while seated. Combine upper- and lower-body movements, and give the body a total workout while listening to great music.

Age: 16+
59557 M 6/19-8/7 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Fasano

Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included along with a variety of strength-building exercises. Bring a mat and weights to class.

Age: 16+
59440 Th 6/22-8/24 5:45-6:15 PM \$40/\$48
Rockville Sr. Ctr./Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+
59441 Tu 6/20-8/15 5:30-6:15 PM \$83/\$93
Thomas Farm CC/Webb
59442 Sa 6/24-8/26 9-9:45 AM \$67/\$77
Thomas Farm CC/Ramsey

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all-around fitness. Weights are used.

Age: 16+
59558 Tu 6/20-8/8 11-11:45 AM \$56/\$65
59559 Th 6/22-8/10 11-11:45 AM \$64/\$75
Rockville Swim and Fitness Center/Resendiz

Complete Core and More

Burn calories as you build strength and improve your endurance and flexibility. Class includes cardio, core work and a variety of exercises to improve muscle strength and toning.

Age: 16+
59443 Th 6/22-8/24 6:15-7:15 PM \$79/\$89
Thomas Farm CC/Morales

**Follow us on
Twitter and Instagram
@rockvillerec**

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high-energy music with kicks, punches and strikes. All classes are taught by certified black belts. Fee includes equipment and uniform for first-time students.

Age: 13+
 59371 M & W 6/19-7/19 (M) 6:15-7 PM \$119/\$129
 (W) 6:20-7:05 PM
 59372 Tu & Th 6/20-7/20 7:15-8 PM \$119/\$129
 Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that takes your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+
 59560 Th 6/22-8/10 12-12:45 PM \$64/\$75
 Rockville Swim and Fitness Center/Gwet

In Motion (Seniors)

This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group. Exercise can energize mood, relieve stress, help manage symptoms of illness and pain, and improve overall sense of well-being. Stay active and healthy!

Age: 16+
 59561 Tu 6/20-8/8 12:45-1:15 PM \$35/\$42
 Rockville Swim and Fitness Center/Gwet

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+
 59564 Th 6/22-8/10 12:45-1:15 PM \$40/\$48
 Rockville Swim and Fitness Center/Gwet

Lo (by Jazzercise)

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation.

Age: 16+
 59452 M 6/12-7/31 6:45-7:45 PM \$63/\$73
 59453 W 6/14-8/2 6:45-7:45 PM \$63/\$73
 College Gardens ES/Proctor

Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility.

Age: 16+
 59454 M 6/19-8/21 6:15-7 PM \$75/\$85
 Thomas Farm CC/Ramsey

Outdoor Bootcamp

This one-hour, high-intensity class is designed to help you stretch your fitness limits. Mixing interval and strength training with drills designed to enhance agility, speed, power, and quickness, Outdoor Bootcamp pushes you further than you could normally go alone. This class meets at the indoor Fitness Center and then moves to various outdoor locations on site for multi-dimensional athletic training.

Age: 16+
 60235 M 6/19-8/7 6:30-7:30 AM \$64/\$75
 60236 W 6/21-8/9 6:30-7:30 AM \$64/\$75
 60237 F 6/23-8/11 6:30-7:30 AM \$64/\$75
 Rockville Swim and Fitness Center/Resendiz

National Bike to Work Day

Friday, May 19 6-9 a.m.

Various pit stops in and around town
 Check www.biketoworkmetrodc.org
 for additional information

Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

59311 Tu 6/13-8/15 6:30-7:25 PM \$99/\$109
Rockville Swim and Fitness Center/Poole

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+

59336 Tu 6/13-8/15 7:30-8:25 PM \$99/\$109
Rockville Swim and Fitness Center/Poole

Pilates Mat

Pilates is a system of controlled exercises that engage the mind and condition the total body. Learn the basic series of movement on which the Pilates method is built, including concepts of alignment, breath, neutral spine, properly engaged core, pelvic stability, spinal articulation and more. Bring a mat. No prior experience is required.

Age: 16+

59335 Th 6/22-7/27 5:15-6 PM \$60/\$70
Thomas Farm CC/Lu

Pilates -Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 13+

59565 Th 6/22-8/10 9:15-10:15 AM \$88/\$104
59566 Su 6/25-8/6 9:15-10:15 AM \$77/\$91
Rockville Swim and Fitness Center

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights. No class July 3, 5, Aug. 7, 9, and 14.

Age: 15+

59455 M 6/26-8/21 9:30-10:30 AM \$45/\$55
59457 W 6/28-8/23 9:30-10:30 AM \$53/\$63
Thomas Farm CC/Devine

59456 Th 6/22-8/17 6:30-7:15 PM \$75/\$85
Rockville Sr. Ctr./Webb

59458 Tu 6/20-8/15 6:20-7:15 PM \$75/\$85
Thomas Farm CC/Lu

Self Defense (Adults)

Be prepared to defend yourself when you can't reason with someone and need to guard against an attack. Learn safety tips and various techniques to help you counter an offender's aggressive behavior when it's a last resort to resolve a situation.

Age: 16+

59460 M 6/26-7/31 7:30-8:30 PM \$49/\$59
Lincoln Park CC/Bowers

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

All Ages

59567 Su 6/25-8/6 11:20 AM-12:05 PM \$56/\$65
Rockville Swim and Fitness Center

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment. This class covers basic kicks, blocks, strikes and self-defense techniques, and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified fourth-degree black belt.

Age: 13+

59568 Su 6/25-8/6 5-6 PM \$70/\$82
Rockville Swim and Fitness Center



Yoga – Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat-building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+
59312 Tu 6/20-8/15 4:30-5:45 PM \$89/\$99
Thrive Yoga/Alter

Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+
59313 Th 7/6-8/10 6:30-7:30 PM \$65/\$75
Twinbrook CRC/Tufano

Age: 16+
59314 Sa 6/24-7/29 8:45-9:45 AM \$65/\$75
Thomas Farm CC/Talley

Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
59572 Tu 6/20-8/8 9:15-10:15 AM \$102/\$120
59573 F 6/23-8/11 9:15-10:15 AM \$102/\$120
Rockville Swim and Fitness Center/Sarracino

Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+
59574 W 6/21-8/9 9:15-10 AM \$98/\$113
59575 Sa 6/24-8/5 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center

Yoga – Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+
59316 Th 6/22-8/24 7:30-8:45 PM \$121/\$131
Rockville Sr. Ctr./Dodson

Yoga – Gentle/Moderate

This class is a good place to start if you are new to the practice. Gentle classes are accessible to almost everyone. Techniques involve breathing, gentle movements, easier and modified postures, body awareness, light stretching, strengthening and relaxation. This slower-paced class gradually builds to more challenging poses. Alignment and working at one's own pace are encouraged.

Age: 16+
59319 W 6/21-8/16 7:30-8:25 PM \$92/\$102
Thomas Farm CC/McAllister

Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+
59320 M 6/19-8/14 7:30-8:45 PM \$99/\$109
Thomas Farm CC/Neves

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+
59576 M 6/19-8/7 9:15-10:15 AM \$102/\$120
59577 W 6/21-8/9 7-8 PM \$102/\$120
Rockville Swim and Fitness Center/Sarracino/Resendiz



Zumba Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+

59324 Tu 6/20-8/1 7:30-8:25 PM \$59/\$65

59325 F 6/30-8/25 5:30-6:25 PM \$72/\$82

Thomas Farm CC/Graves/Ford

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin- and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

59579 Th 6/22-8/10 7-7:45 PM \$64/\$75

59580 F 6/23-8/11 12-12:45 PM \$64/\$75

Rockville Swim and Fitness Center/Torres

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

59582 W 6/21-8/9 12-12:45 PM \$64/\$75

59583 Sa 6/24-8/5 11:15 AM-12 PM \$56/\$65

Rockville Swim and Fitness Center/Fasano

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

59444 Tu 7/11-8/29 7-8:20 PM \$128/\$140

59445 Sa 7/15-9/9 2-3:20 PM \$128/\$140

Rockville Fencing Academy/Staff



One of the main missions of the Foundation is to:

- Lead the fundraising effort to support the Rockville Recreation Fund, which assists low-income residents with program and facility fees

NTRP (National Tennis Rating Program) PLAYER RATING SCALE

1.0 - Just starting to play

1.5 - Limited playing experience; working on getting the ball into play.

2.0 - Has stroke weaknesses but is familiar with basic positions for singles and doubles play.

2.5 - Learning to judge where the ball is going although court coverage is weak. This player can sustain a slow rally with other players of same ability.

3.0 - Consistent when hitting medium pace shots, but not comfortable with all strokes; lacks control when trying for directional intent, depth, or power.

3.5 - Improved stroke dependability; but still lacks depth and variety; exhibits more aggressive net play, has improved court coverage and is developing teamwork in doubles.

4.0 - Dependable ground strokes, ability to use lobs, overheads, approach shots and volleys with some success; occasionally forces errors when serving and teamwork in doubles is evident.

Tennis - Strategies for Winning

Improve your game and learn important tips to help you win critical points in a match. Instructor will coach you through various game play situations to help elevate your confidence and game. Open to 3.5 to 4.0 players. Instructor will review student's level of play to ensure all participants are of similar ability.

Age: 16+

59465	Sa	6/24-7/22	4-5:30 PM	\$89/\$99
59466	W	6/21-7/19	7-8:30 PM	\$89/\$99

Woodley Gardens Pk./Raaf

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies are covered, based on skill levels. Register for the appropriate level, but it may be changed at the discretion of instructor. Bring a tennis racket.

Age: 16+

Beg/Nov Combo (2.0-3.0) NTRP Level)

59475	Sa	6/17-7/22	3-3:50 PM	\$75/\$85
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Mattie Stepanek Park/M. Yargici

Beg/Nov Combo (2.0-3.0) NTRP Level)

60265	Sa	6/17-7/8	9-9:50 PM	\$50/\$60
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Civic Center Park/Zatman

Beg/Nov Combo (2.0-3.0) NTRP Level)

59476	Tu	6/20-8/1	6-6:50 PM	\$75/\$85
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Dogwood Pk./M. Yargici

Beg/Nov Combo (2.0-3.0) NTRP Level)

59477	M	6/19-7/24	6-6:50 PM	\$75/\$85
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Twinbrook CRC/Asaka

Beg/Nov Combo (2.0-3.0) NTRP Level)

60121	W	6/21-7/26	6-6:50 PM	\$75/\$85
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Mattie Stepanek Park/Asaka

Intermediate (3.0-3.5 NTRP Level)

59478	Tu	6/20-8/1	7-7:50 PM	\$75/\$85
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Dogwood Pk./M. Yargici

Intermediate (3.0-3.5 NTRP Level)

59479	M	6/19-7/24	7-8:15 PM	\$89/\$99
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

59480	Sa	6/17-7/22	4-4:50 PM	\$75/\$85
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Mattie Stepanek Park/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

60122	W	6/21-7/26	7-8:15 PM	\$89/\$99
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Mattie Stepanek Park/Asaka

Join Rockville Sister City

Taste of Dim Sum Fundraiser



**Sunday, July 30
2-4 p.m.**

New Fortune Restaurant

16515 S. Frederick Ave., Gaithersburg, MD

**Cost \$25 per person
(includes tax and tip)**

**For more information and to
download registration form.
Visit www.rockvillesistercities.org**

Mail registration form with check
by July 27 to Rockville City Hall,

Attn: RSCC, 111 Maryland Ave.,
Rockville, MD 20850.

**Contact Marika Brown at
301-340-8970 if you have questions.**



Summer Rides

and Bike Events

Rockville Bicycle Advisory Committee

www.rockvillemd.gov/rbac

rockvillebikerides@gmail.com

www.meetup.com/bikerockville



Tour de Cookie

Saturday, May 6 • 7 a.m.

Register at www.tourdecookie.com

Bike Month Kick-off Ride

Sunday, May 7 • 10 a.m.

Meet at Rockville City Hall



RBAC at Farmers Market

Bicycle safety checks and bicycle routes information

Saturdays, May 13 through July 29

10 a.m. – noon

Corner of Route 28 & Monroe Street

11th Annual Rockville Ride of Silence

Wednesday, May 17 • 7 p.m.

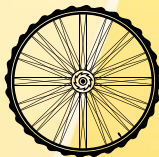
Meet at Town Center in front of library

www.rideofsilence.com

National Bike to Work Day

Friday, May 19 • 6 a.m.

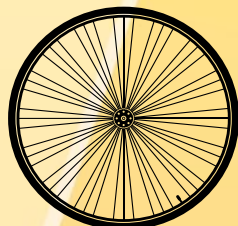
www.biketoworkmetrodc.org



Kidical Mass Family Ride

Saturday, June 10 • 10 a.m.

Meet at King Farm Village Center, in front of Safeway



Tuesday Evening Rides

June 6, 13, 20, 27 • 6:30 p.m.

Starts at Mattie J.T. Stepanek Park in King Farm

July 4, 11, 18, 25 • 6:30 p.m.

Starts at Best Western Plus on W. Montgomery Ave.

Aug. 1, 8, 15, 22, 29 • 6:30 p.m.

Starts at Rockville Civic Center Park

Carl Henn Millennium Trail Rides

Sunday, June 18 • 10 a.m.

Meet at Rockville Senior Center

Sunday, July 16 • 10 a.m.

Meet at Thomas Farm Community Center

Sunday, Aug. 20 • 10 a.m.

Starts at Wootton High School

Carl Henn Annual Memorial Ride

Sunday, Sept. 17 • 10 a.m.

Save the date – more details TBD



ACCESSIBILITY IMPROVEMENTS

In January 2016, the city contracted with Recreation Accessibility Consultants to complete an Access Audit and phased Transition Plan for the Mayor and Council. The plan outlined areas of deficiency throughout city-owned properties as well as recommendations for remediation. The city has taken a two-pronged approach to addressing the deficiencies: a few key parking and facility access projects with larger impacts were initiated, while at the same time, ongoing scheduled maintenance projects incorporated remediation as feasible.



Hillcrest Park before/after

Examples of recently completed projects:

- ADA compliant parking and access to the F. Scott Fitzgerald Theatre/Social Hall.
- ADA compliant parking and access to the Rockville Senior Center's side parking lot
- Access pathways at Woottons Mill, Potomac Woods, Welsh, Woodley Gardens, Dogwood, and Potomac Woods Parks.
- Numerous scheduled maintenance projects including sign replacement, stripping and detectable warning pads at various locations.
- Purchase of ADA Assisted Listening Devices for patrons at the F. Scott Fitzgerald Theatre

Upcoming improvements include:

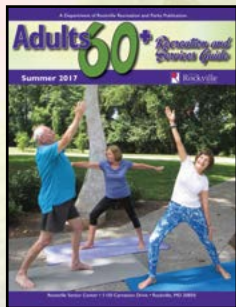
- Rockville Swim and Fitness Center locker room renovation and expansion – design and construction.
- City Hall and F. Scott Fitzgerald Theatre elevator improvements.
- Medication administration training for staff.
- Included in the FY18 Proposed Capital Improvement Program, a project to remediate deficiencies within the Rockville Senior Center such as renovation of restrooms, accessible routes, signage, etc., within the facility.

The phased transition plan expected to take at least 10 years to implement. If you would like further information on the status of upcoming projects, please contact the Recreation and Parks Department at 240-314-8600.



Woodley Gardens Park before/after





See the new

Adults 60+

*Recreation and
Services Guide*

For a complete listing of all 60+ Summer programs and services.

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • www.rockvillemd.gov/seniorcenter

REGISTRATION DATES

(M) – Member registration begins **Monday, May 15**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Wednesday May 3 for all other city programs.

(R) – Resident registration begins **Wednesday, May 17** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville city limits.) Residents receive a discount on program fees.

(NR) – Nonresident/Nonmember registration begins **Wednesday, May 17** for seniors age 60 and older who live outside the Rockville city limits and who are not members of the Senior Center. Nonresidents/nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/nonresident

Center Membership Fees

\$40/year – Rockville Resident
\$135/year – Nonresident; \$65 spouse

Fitness Center Membership Fees

\$90/year. (Must be a Senior Center member)

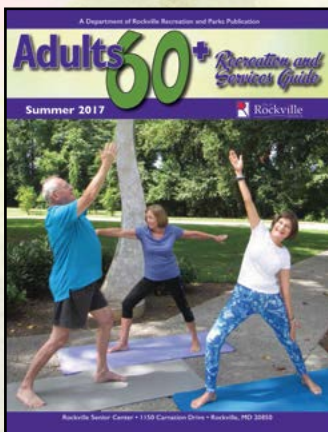


PROGRAM ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.



Look for additional information in our

Adults 60+ *Recreation and Services Guide*

Pick up your copy today at the following locations:

Rockville Senior Center, all community centers, Croyden Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Library.

www.rockvillemd.gov/recreation

If you do not receive your guide in a timely matter please visit one of the locations listed above.

Senior Center Happenings:

ART RECEPTION

**Thursday, May 18
6-8 p.m.**

Senior Center Lounge
Featuring the work of Val Fry's
senior watercolor classes

240-314-8820

FREE

HEALTH FAIR

**Wednesday, May 24
11 a.m.-1:30 p.m.**

Free health screenings, healthy snacks
and more. Montgomery County and Rockville
agencies along with vendors from
various health facilities will be present.

FREE

INTERNATIONAL DAY

**A Celebration of Cultures
Friday, June 9
10:30 a.m.-noon**

Displays • Costumes • Tastings
Dance demonstrations.

FREE

WORLD ELDER ABUSE DAY AWARENESS DAY 2017

**Wednesday, June 14
10 a.m.-1 p.m.**

FREE

LABOR DAY PICNIC AND FIELD DAY

**Friday, September 8
11 a.m.-1 p.m.**

\$12 for Senior Center members.
\$14 for nonmembers (#60263)

MONTGOMERY COUNTY FAIR SENIOR DAY

**Tuesday, Aug. 15
10 a.m.-5 p.m.**

The Rockville Senior Center will provide
transportation to the Fair
Leaving the Senior Center at 10:30 a.m. for
activities, giveaways and entertainment
Call 240-314-8810 for a reservation on the bus
no later than Friday Aug. 11.

FREE - 62+

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Does not apply to workshops. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

TRIP REGISTRATION

In-Person Lottery Tuesday, May 16, 10:30 a.m.

Senior Center members and residents
Numbers distributed random order, 10:15 a.m.

Wednesday, May 17

Nonresidents and nonmembers
Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



Rockville Senior Center

FITNESS CENTER

***It's the best time to be
60+ in Rockville!***

7 a.m.-8 p.m., Monday-Thursday

7 a.m.-7 p.m., Friday

7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year

(Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Benefits of the Senior Center Membership include:

Discounts on Senior Programs

Discounts on Rentals

Eligibility to join the
Fitness Center

Early Class Registration

Discount in the Adult section of
the Recreation Guide

Free DVD rentals at the Center

Monthly Newsletter Mailed



Senior Center Support Services

Neighbor-to-neighbor support service networks are being formed throughout Rockville. Call or email Trish Evans to find out more information.

240-314-8807, pevans@rockvillemd.gov

Rockville Emergency Assistance Program (REAP)

For residents 60-plus the emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Miriam Minera, 240-314-8817.

Aging Information, Services and Support for Seniors and families may be obtained by calling the Center 240-314-8810.

Now Senior Support Services are extended beyond the Rockville Senior Center! Meet with our outreach workers at:

Twinbrook Community Center

(240-314-8830) on Fridays,
10:30 a.m.-12:30 p.m.

Lincoln Park Community Center

(240-314-8780) on Mondays,
10-11:30 a.m.

Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required: 240-314-8810.

Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information,
visit: [www.rockvillemd.gov/
boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)



Swimming Classes

**Annual and Seasonal Memberships Available!
Come for the day or the year!**

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). This American Red Cross course begins at the conclusion of the pre-test. Upon successful completion, students are issued certification in lifeguarding, first aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+

59726	M-Su	6/12-6/18	6-10 PM	\$195
59727	Su-Su	7/9-7/16	6-10 PM	\$195



Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850

www.rockvillemd.gov/swimcenter

240-314-8750



The swim center has two indoor and two outdoor pools, an outside interactive “sprayground,” a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

No Classes Memorial Day Weekend
May 27-29 and July 4

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Member

Tuesday, May 2, 8:30 a.m.

Swim Center Nonmember

Wednesday, May 3, 8:30 a.m.

Registration Deadline
One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons
RSFC

355 Martins Lane
Rockville, MD 20850

Fax to:

Swimming Lessons
240-314-8759

Check Out Our Fitness Room

Featuring:

- 2 – Rowing Machines
- 5 – Treadmills
- 4 – Elliptical Machines
- 2 – Recumbent Bikes
- 2 – Step/Climber Machines
- 13 pieces – Single-Station Strength-Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)



240-314-8750

www.rockvillemd.gov/swimcenter

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The city does not provide a form for this purpose. Note: non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers I

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

Age: 6-18 mo

59636	F	6/23-8/11	10:35-11:05 AM	\$73/\$91
59637	Sa	6/24-8/5	10:50-11:20 AM	\$64/\$80
59638	M & W	7/17-8/9	3:05-3:35 PM	\$73/\$91
59639	Su	6/25-8/6	10:15-10:45 AM	\$64/\$80

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class.

Age: 18-36 mo

59640	M & W	6/19-7/12	3:05-3:35 PM	\$73/\$91
59641	Tu & Th	6/20-7/13	9:30-10 AM	\$64/\$80
59642	Sa	6/24-8/5	8:30-9 AM	\$64/\$80
59643	Sa	6/24-8/5	10:15-10:45 AM	\$64/\$80
59644	Su	6/25-8/6	9:40-10:10 AM	\$64/\$80
59646	Tu & Th	7/18-8/10	9:30-10 AM	\$73/\$91
59647	Su	6/25-8/6	11:25-11:55 AM	\$64/\$80

Bobbers I

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and-arm stroking. This is an adult/child class.

Age: 3-5

59625	Tu & Th-F	6/20-7/13	3:05-3:35 PM	\$73/\$91
59628	Tu & Th	7/18-8/10	3:05-3:35 PM	\$73/\$91
59629	Sa	6/24-8/5	9:05-9:35 AM	\$64/\$80
59630	Sa	6/24-8/5	11:25-11:55 AM	\$64/\$80
59631	Su	6/25-8/6	9:05-9:35 AM	\$64/\$80
59632	Su	6/25-8/6	10:50-11:20 AM	\$64/\$80

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

Age: 3-5

59633	Sa	6/24-8/5	9:40-10:10 AM	\$64/\$80
59634	Su	6/25-8/6	8:30-9 AM	\$64/\$80

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Fearful Floaters

This class is intended for children who are reluctant to take part in a Floaters I class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6

59659	Sa	6/24-8/5	11:15-11:55 AM	\$69/\$86
59660	Su	6/25-8/6	9:45-10:25 AM	\$69/\$86
59661	M-Th	6/19-6/29	9:45-10:25 AM	\$79/\$98
59662	M-Th	7/17-7/27	9:45-10:25 AM	\$79/\$98
60170	M-Th	6/19-6/29	3-3:35 PM	\$79/\$98
60171	M-F	7/3-7/13	9-9:40 AM	\$79/\$98
60213	M-F	7/3-7/13	4:20-4:55 PM	\$79/\$98
60220	M-Th	7/31-8/10	10:30-11:10 AM	\$79/\$98

EMAIL NEWSLETTER SIGN UP

The Rockville Swim and Fitness Center has an email newsletter for those who would like to be alerted to schedule changes, registration dates, program offerings, and other important information by email.

To add your name to the list, simply go to www.rockvillemd.gov/swimcenter, click the **NOTIFY ME** button, enter your email and click the envelope symbol next to Swim Center.



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Floaters I

This class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6

59663	M-Th	6/19-6/29	9-9:40 AM	\$79/\$98
59664	M-Th	6/19-6/29	9:45-10:25 AM	\$79/\$98
59665	M-Th	6/19-6/29	3:40-4:15 PM	\$79/\$98
59666	M-Th	6/19-6/29	4:20-4:55 PM	\$79/\$98
59667	Su	6/25-8/6	9-9:40 AM	\$69/\$86
59668	Su	6/25-8/6	10:30-11:10 AM	\$69/\$86
59669	M-F	7/3-7/13	9-9:40 AM	\$79/\$98
59670	M-F	7/3-7/13	9:45-10:25 AM	\$79/\$98
59671	M-F	7/3-7/13	3:40-4:15 PM	\$79/\$98
59672	M-F	7/3-7/13	4:20-4:55 PM	\$79/\$98
59673	M-Th	7/17-7/27	9:45-10:25 AM	\$79/\$98
59674	M-Th	7/17-7/27	3:40-4:15 PM	\$79/\$98
59676	M-Th	7/31-8/10	9-9:40 AM	\$79/\$98
59677	M-Th	7/31-8/10	9:45-10:25 AM	\$79/\$98
59678	M-Th	7/31-8/10	3:40-4:15 PM	\$79/\$98
59679	M-Th	7/31-8/10	4:20-4:55 PM	\$79/\$98
59680	M-Th	7/17-7/27	9-9:40 AM	\$79/\$98
59681	M-Th	7/17-7/27	3-3:35 PM	\$79/\$98
59682	Su	6/25-8/6	11:15-11:55 AM	\$69/\$86
59683	Sa	6/24-8/5	11:15-11:55 AM	\$69/\$86
59684	M-Th	6/19-6/29	7:35-8:10 PM	\$79/\$98
59685	M-F	7/3-7/13	7:35-8:10 PM	\$79/\$98
59686	M-Th	7/31-8/10	7:35-8:10 PM	\$79/\$98
59687	M-Th	7/17-7/27	7:35-8:10 PM	\$79/\$98
59688	Su	6/25-8/6	12-12:40 PM	\$69/\$86
59689	Sa	6/24-8/5	9-9:40 AM	\$69/\$86
59690	Sa	6/24-8/5	9:45-10:25 AM	\$69/\$86
59691	Sa	6/24-8/5	10:30-11:10 AM	\$69/\$86
59692	M-Th	7/17-7/27	8:15-8:55 PM	\$79/\$98
59693	M-F	7/3-7/13	3-3:35 PM	\$79/\$98
59694	M-Th	7/31-8/10	3-3:35 PM	\$79/\$98
59695	M-Th	7/31-8/10	8:15-8:55 PM	\$79/\$98
60182	M-Th	6/19-6/29	10:30-11:10 AM	\$79/\$98
60183	M-Th	6/19-6/29	11:15-11:55 AM	\$79/\$98
60184	M-F	7/3-7/13	10:30-11:10 AM	\$79/\$98
60185	M-Th	7/17-7/27	10:30-11:10 AM	\$79/\$98
60186	M-Th	7/31-8/10	10:30-11:10 AM	\$79/\$98
60188	M-Th	7/17-7/27	11:15-11:55 AM	\$79/\$98

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6

59696	M-Th	6/19-6/29	9-9:40 AM	\$79/\$98
59697	M-Th	6/19-6/29	9:45-10:25 AM	\$79/\$98
59698	M-Th	6/19-6/29	3:40-4:15 PM	\$79/\$98
59699	M-Th	6/19-6/29	4:20-4:55 PM	\$79/\$98
59700	Su	6/25-8/6	9:45-10:25 AM	\$69/\$86
59701	Su	6/25-8/6	10:30-11:10 AM	\$69/\$86
59702	M-F	7/3-7/13	9-9:40 AM	\$79/\$98
59703	M-F	7/3-7/13	9:45-10:25 AM	\$79/\$98
59704	M-F	7/3-7/13	3:40-4:15 PM	\$79/\$98
59705	M-F	7/3-7/13	4:20-4:55 PM	\$79/\$98
59706	M-Th	7/17-7/27	9-9:40 AM	\$79/\$98
59707	M-Th	7/17-7/27	9:45-10:25 AM	\$79/\$98
59708	M-Th	7/17-7/27	3:40-4:15 PM	\$79/\$98
59709	M-Th	7/17-7/27	4:20-4:55 PM	\$79/\$98
59710	M-Th	7/31-8/10	9-9:40 AM	\$79/\$98
59711	M-Th	7/31-8/10	9:45-10:25 AM	\$79/\$98
59712	M-Th	7/31-8/10	3:40-4:15 PM	\$79/\$98
59713	M-Th	7/31-8/10	4:20-4:55 PM	\$79/\$98
59714	Sa	6/24-8/5	9-9:40 AM	\$69/\$86
60215	Sa	6/24-8/5	10:30-11:10 AM	\$69/\$86
60218	M-F	7/3-7/13	10:30-11:10 AM	\$79/\$98
60219	M-Th	7/17-7/27	10:30-11:10 AM	\$79/\$98

Strokers I

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7

59739	M-Th	6/19-6/29	4:20-4:55 PM	\$79/\$98
59740	Su	6/25-8/6	9:45-10:25 AM	\$69/\$86
59741	M-F	7/3-7/13	9:45-10:25 AM	\$79/\$98
59742	M-F	7/3-7/13	3:40-4:15 PM	\$79/\$98
59743	M-Th	7/17-7/27	9-9:40 AM	\$79/\$98
59744	M-Th	7/17-7/27	3:40-4:15 PM	\$79/\$98
59745	M-Th	7/31-8/10	9:45-10:25 AM	\$79/\$98
59746	M-Th	7/31-8/10	3:40-4:15 PM	\$79/\$98
59747	Su	6/25-8/6	11:15-11:55 AM	\$69/\$86
60216	Sa	6/24-8/5	11:15-11:55 AM	\$69/\$86
60217	M-Th	6/19-6/29	9-9:40 AM	\$79/\$98

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7

59748	M-Th	6/19-6/29	3:40-4:15 PM	\$79/\$98
59749	M-F	7/3-7/13	3:40-4:15 PM	\$79/\$98
59750	M-Th	7/17-7/27	9-9:40 AM	\$79/\$98
59751	M-Th	7/31-8/10	3:40-4:15 PM	\$79/\$98
59752	Sa	6/24-8/5	9-9:40 AM	\$69/\$86
59753	Su	6/25-8/6	11:15-11:55 AM	\$69/\$86
60221	M-Th	6/19-6/29	9:45-10:25 AM	\$79/\$98
60222	M-F	7/3-7/13	10:30-11:10 AM	\$79/\$98
60223	M-Th	7/31-8/10	10:30-11:10 AM	\$79/\$98

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7

59754	M-Th	6/19-6/29	4:20-4:55 PM	\$79/\$98
59755	M-F	7/3-7/13	9-9:40 AM	\$79/\$98
59756	Su	6/25-8/6	12-12:40 PM	\$69/\$86
59757	M-Th	7/31-8/10	9-9:40 AM	\$79/\$98
60224	M-Th	6/19-6/29	10:30-11:10 AM	\$79/\$98
60225	M-Th	7/17-7/27	10:30-11:10 AM	\$79/\$98
60226	Sa	6/24-8/5	9-9:40 AM	\$69/\$86

Mini Swim Team Prep

This class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7

59728	M-Th	6/19-6/29	11:15-11:55 AM	\$79/\$98
60172	M-F	7/3-7/13	11:15-11:55 AM	\$79/\$98

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter



Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+

59766	M-Th	6/19-6/29	9:45-10:25 AM	\$73/\$90
59767	M-Th	6/19-6/29	3:40-4:15 PM	\$73/\$90
59768	M-F	7/3-7/13	9-9:40 AM	\$73/\$90
59769	M-F	7/3-7/13	9:45-10:25 AM	\$73/\$90
59770	M-F	7/3-7/13	3:40-4:15 PM	\$73/\$90
59771	M-Th	7/17-7/27	9:45-10:25 AM	\$73/\$90
59772	M-Th	7/17-7/27	3:40-4:15 PM	\$73/\$90
59773	M-Th	7/31-8/10	9-9:40 AM	\$73/\$90
59774	M-Th	7/31-8/10	3:40-4:15 PM	\$73/\$90
59775	Su	6/25-8/6	9-9:40 AM	\$64/\$79
59776	Su	6/25-8/6	11:15-11:55 AM	\$64/\$79
59777	Su	6/25-8/6	12-12:40 PM	\$64/\$79
59778	M-Th	6/19-6/29	4:20-4:55 PM	\$73/\$90
60231	Sa	6/24-8/5	9:45-10:25 AM	\$64/\$79
60232	M-Th	6/19-6/29	10:30-11:10 AM	\$73/\$90
60233	M-F	7/3-7/13	11:15-11:55 AM	\$73/\$90
60234	M-Th	7/31-8/10	11:15-11:55 AM	\$73/\$90

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+

59779	M-Th	6/19-6/29	9-9:40 AM	\$73/\$90
59780	M-Th	6/19-6/29	3-3:35 PM	\$73/\$90
59781	Su	6/25-8/6	9:45-10:25 AM	\$64/\$79
59782	Su	6/25-8/6	10:30-11:10 AM	\$64/\$79
59784	M-F	7/3-7/13	9:45-10:25 AM	\$73/\$90
59785	M-F	7/3-7/13	3-3:35 PM	\$73/\$90
59786	M-Th	7/17-7/27	9-9:40 AM	\$73/\$90
59787	M-Th	7/17-7/27	9:45-10:25 AM	\$73/\$90
59788	M-Th	7/17-7/27	3-3:35 PM	\$73/\$90
59789	M-Th	7/31-8/10	9:45-10:25 AM	\$73/\$90
59790	M-Th	7/31-8/10	3-3:35 PM	\$73/\$90
59791	Su	6/25-8/6	12-12:40 PM	\$64/\$79
59792	Sa	6/24-8/5	11:15-11:55 AM	\$64/\$79

Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+

59794	M-Th	6/19-6/29	9:45-10:25 AM	\$73/\$90
59795	M-Th	6/19-6/29	3-3:35 PM	\$73/\$90
59796	Su	6/25-8/6	9-9:40 AM	\$64/\$79
59797	Su	6/25-8/6	10:30-11:10 AM	\$64/\$79
59798	M-F	7/3-7/13	9-9:40 AM	\$73/\$90
59800	M-F	7/3-7/13	3-3:35 PM	\$73/\$90
59801	M-Th	7/17-7/27	9-9:40 AM	\$73/\$90
59803	M-Th	7/17-7/27	3-3:35 PM	\$73/\$90
59804	M-Th	7/17-7/27	4:20-4:55 PM	\$73/\$90
59805	M-Th	7/31-8/10	9-9:40 AM	\$73/\$90
59806	M-Th	7/31-8/10	9:45-10:25 AM	\$73/\$90
59807	M-Th	7/31-8/10	3-3:35 PM	\$73/\$90
59808	Sa	6/24-8/5	10:30-11:10 AM	\$64/\$79
59809	Su	6/25-8/6	11:15-11:55 AM	\$64/\$79
59810	Tu & Th	6/20-7/13	7:30-8:10 PM	\$64/\$79
59811	Tu & Th	7/18-8/10	7:30-8:10 PM	\$73/\$90
59812	Sa	6/24-8/5	11:15-11:55 AM	\$64/\$79

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+

59813	M-Th	6/19-6/29	9-9:40 AM	\$73/\$90
59815	M-Th	6/19-6/29	3:40-4:15 PM	\$73/\$90
59816	Su	6/25-8/6	9-9:40 AM	\$64/\$79
59817	Su	6/25-8/6	9:45-10:25 AM	\$64/\$79
59818	M-F	7/3-7/13	9:45-10:25 AM	\$73/\$90
59819	M-F	7/3-7/13	3-3:35 PM	\$73/\$90
59820	M-Th	7/17-7/27	9-9:40 AM	\$73/\$90
59821	M-Th	7/17-7/27	9:45-10:25 AM	\$73/\$90
59822	M-Th	7/17-7/27	3:40-4:15 PM	\$73/\$90
59823	M-Th	7/31-8/10	9-9:40 AM	\$73/\$90
59824	M-Th	7/31-8/10	9:45-10:25 AM	\$73/\$90
59825	M-Th	7/31-8/10	3-3:35 PM	\$73/\$90
59826	M-Th	7/31-8/10	4:20-4:55 PM	\$73/\$90
59827	Su	6/25-8/6	11:15-11:55 AM	\$64/\$79
59828	Sa	6/24-8/5	9:45-10:25 AM	\$64/\$79
59829	Tu & Th	6/20-7/13	7:30-8:10 PM	\$64/\$79
59830	Tu & Th	7/18-8/10	7:30-8:10 PM	\$73/\$90

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes are refined.

Age: 7+

59831	M-Th	6/19-6/29	9-9:40 AM	\$73/\$90
59832	M-Th	6/19-6/29	3-3:35 PM	\$73/\$90
59833	Su	6/18-7/30	9:45-10:25 AM	\$64/\$79
59834	M-F	7/3-7/13	9-9:40 AM	\$73/\$90
59835	M-F	7/3-7/13	4:20-4:55 PM	\$73/\$90
59836	M-Th	7/17-7/27	9:45-10:25 AM	\$73/\$90
59837	M-Th	7/17-7/27	3-3:35 PM	\$73/\$90
59838	M-Th	7/31-8/10	9-9:40 AM	\$73/\$90
59839	M-Th	7/31-8/10	4:20-4:55 PM	\$73/\$90
59840	Su	6/25-8/6	10:30-11:10 AM	\$64/\$79
59841	Sa	6/24-8/5	10:30-11:10 AM	\$64/\$79
59842	Sa	6/24-8/5	9:45-10:25 AM	\$64/\$79
60240	M-Th	7/31-8/10	11:15-11:55 AM	\$73/\$90



Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+

59843	M-Th	6/19-6/29	9:45-10:25 AM	\$73/\$90
59844	Su	6/25-8/6	9-9:40 AM	\$64/\$79
59845	Su	6/25-8/6	10:30-11:10 AM	\$64/\$79
59846	M-F	7/3-7/13	9:45-10:25 AM	\$73/\$90
59847	M-F	7/3-7/13	4:20-4:55 PM	\$73/\$90
59848	M-Th	7/17-7/27	11:15-11:55 AM	\$73/\$90
59849	M-Th	7/17-7/27	4:20-4:55 PM	\$73/\$90
59850	M-Th	7/31-8/10	11:15-11:55 AM	\$73/\$90
59851	M-Th	7/31-8/10	3-3:35 PM	\$73/\$90
59852	M-Th	7/31-8/10	4:20-4:55 PM	\$73/\$90

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+

59853	M-Th	6/19-6/29	9-9:40 AM	\$73/\$90
59854	Sa	6/24-8/5	10:30-11:10 AM	\$64/\$79
59855	Su	6/25-8/6	9-9:40 AM	\$64/\$79
59856	M-F	7/3-7/13	8:15-8:55 PM	\$73/\$90
59857	M-Th	7/31-8/10	9:45-10:25 AM	\$73/\$90
60241	M-Th	7/17-7/27	11:15-11:55 AM	\$73/\$90

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

SAge: 12-17

59758	Su	6/25-8/6	12-12:45 PM	\$64/\$79
60139	F	6/23-8/11	11:10-11:55 AM	\$73/\$90



Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Youth 6 and 7.

Age: 7+

59760	M-Th	6/19-6/29	11:15-11:55 AM	\$73/\$90
59761	M-Th	6/19-6/29	8:15-8:55 PM	\$73/\$90
60173	M-F	7/3-7/13	11:15-11:55 AM	\$73/\$90

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+

59587	M & W	6/19-7/12	7:35-8:20 PM	\$73/\$90
59588	Sa	6/24-8/5	9-9:40 AM	\$64/\$79
59589	M & W	7/17-8/9	7:35-8:20 PM	\$73/\$90
59590	Tu & Th	7/18-8/10	8:15-9 PM	\$73/\$90

Adult Beginner 2

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+

59591	M & W	6/19-7/12	7:35-8:20 PM	\$73/\$90
59592	Tu & Th	6/20-7/13	8:15-9 PM	\$64/\$79
59593	Sa	6/24-8/5	9:45-10:25 AM	\$64/\$79
59594	M & W	7/17-8/9	7:35-8:20 PM	\$73/\$90

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2.

Age: 14+

59595	M & W	6/19-7/12	8:20-9:05 PM	\$73/\$90
59596	Tu & Th	6/20-7/13	8:15-9 PM	\$64/\$79
59597	M & W	7/17-8/9	8:20-9:05 PM	\$73/\$90

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for "Adult Stroke Correction." Prerequisite: Adult Beginner 3.

Age: 14+

59598	M & W	6/19-7/12	8:20-9:05 PM	\$73/\$90
59599	M & W	7/17-8/9	8:20-9:05 PM	\$73/\$90

Adult Stroke Correction

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for "Adult Stroke Correction." Prerequisite: Adult Beginner 4.

Age: 14+

59600	Tu & Th	7/18-8/10	8:15-9 PM	\$73/\$90
59601	Su	6/25-8/13	12-12:40 PM	\$64/\$79

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment are provided.

Age: 18+

59602	Tu	6/20-8/8	6:35-7:20 AM	\$33/\$40
60167	Th	6/22-8/10	6:35-7:20 AM	\$37/\$45

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size or fitness level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+

59603	F	6/23-8/11	10:15-11 AM	\$37/\$45
59604	W	6/21-8/9	10:15-11 AM	\$37/\$45
59605	M	6/19-8/7	10:15-11 AM	\$37/\$45

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 15+

59608	M	6/19-8/7	8:30-9:15 AM	\$37/\$45
59609	W	6/21-8/9	8:30-9:15 AM	\$37/\$45
59610	W	6/21-8/9	7:10-8:10 PM	\$40/\$48
59611	Tu	6/20-8/8	8:30-9:15 AM	\$33/\$40
59612	Th	6/22-8/10	8:30-9:15 AM	\$37/\$45
59613	F	6/23-8/11	8:30-9:15 AM	\$37/\$45
59614	M	6/19-8/7	9:15-10 AM	\$37/\$45
59615	Tu	6/20-8/8	9:15-10 AM	\$33/\$40
59616	Th	6/22-8/10	9:15-10 AM	\$37/\$45
59617	W	8/16-9/13	7-8 PM	\$25/\$30
60168	W	6/21-8/9	9:15-10 AM	\$37/\$45

Aqua Zumba

This high-energy, low-impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+

59621	F	6/23-8/11	9:15-10 AM	\$37/\$45
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Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 18+

59648	Tu	6/20-8/8	10:15-11 AM	\$33/\$40
59649	Th	6/22-8/10	10:15-11 AM	\$37/\$45





Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 18+

59650	M	6/19-8/7	9:10-9:55 AM	\$37/\$45
59651	W	6/21-8/9	9:10-9:55 AM	\$37/\$45
59652	F	6/23-8/11	9:10-9:55 AM	\$37/\$45
59653	Tu	6/20-8/8	7:10-7:55 PM	\$33/\$40
59654	Th	6/22-8/10	7:10-7:55 PM	\$37/\$45

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 15+

59715	M	6/19-8/7	9:15-10 AM	\$37/\$45
59716	Tu	6/20-8/8	11:05-11:50 AM	\$33/\$40
59717	W	6/21-8/9	9:15-10 AM	\$37/\$45
59718	F	6/23-8/11	9:15-10 AM	\$37/\$45
59719	Th	6/22-8/10	11:05-11:50 AM	\$37/\$45
59720	Tu	6/20-8/8	7:15-8 PM	\$33/\$40
59721	Th	6/22-8/10	7:15-8 PM	\$37/\$45

Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters.

Age: 14+

59759	Tu & Th	6/20-8/10	8:20-9:05 PM	\$77/\$94
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Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+

59762	Su	6/25-8/6	7-8:30 PM	\$95/\$107
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Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+

59764	Su	6/25-8/6	8:05-8:55 AM	\$64/\$72
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Check out the Rockville-Montgomery Swim Club

- One of the largest and most successful teams in the U.S.
- 87 coaches working with 2,037 swimmers at five practice sites.

For more information, contact:

Dave Greene at
dgreene@rockvillemd.gov

Senior Swim

Note: Senior residents pay the member fee.

60 - Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+

59584	Tu	6/20-8/8	2:05-2:50 PM	\$16/\$16/\$20
59585	Th	6/22-8/10	2:05-2:50 PM	\$18/\$18/\$23

Senior Aquacize – Advanced

This course is similar to “Beginner Senior Aquacize,” only faster paced. (Meets outside during the summer session.)

Age: 60+

59732	M	6/19-8/7	11:05-11:50 AM	\$18/\$18/\$23
59733	W	6/21-8/9	11:05-11:50 AM	\$18/\$18/\$23
59734	F	6/23-8/11	11:05-11:50 AM	\$18/\$18/\$23

Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+

59735	M	6/19-8/7	10:10-10:55 AM	\$18/\$18/\$23
59736	W	6/21-8/9	10:10-10:55 AM	\$18/\$18/\$23
59737	F	6/23-8/11	10:10-10:55 AM	\$18/\$18/\$23

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+

59738	M	6/19-8/7	2-2:45 PM	\$18/\$18/\$23
60137	W	6/21-8/9	2-2:45 PM	\$18/\$18/\$23

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 16+

59624	Tu	6/20-8/8	10:10-10:55 AM	\$37/\$46
60169	Th	6/22-8/10	10:10-10:55 AM	\$42/\$53

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 15+

59765	M	6/19-8/7	9:15-10:15 AM	\$42/\$53
60230	W	6/21-8/9	9:15-10:15 AM	\$42/\$53

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep-water brick retrieval within 100 seconds). This American Red Cross course begins at the conclusion of the pre-test. Upon successful completion, students are issued certification in lifeguarding, first aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+

59726	M-Su	6/12-6/18	6-10 PM	\$195
59727	Su-Su	7/9-7/16	6-10 PM	\$195

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

NOW HIRING

**Lifeguards, Swim Instructors,
Front Desk Attendants,
Water and Land Fitness
Instructors**



**For additional information,
call 240-314-8750
www.rockvillemd.gov/swimcenter**

**Sign up for City of Rockville
Emergency Notifications**



**ALERT
Rockville**

rockvillemd.gov/alerts



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts**

Public Safety • Severe Weather • Traffic

Water Safety Day

Friday, June 2 • 3:30-6:30 p.m.

**Gaithersburg Water Park
512 S. Frederick Ave., Gaithersburg**

**Stay safe at the pool this
summer!**

**FREE swimming event hosted by:
City of Gaithersburg • Montgomery County
City of Rockville**

LEARN:

Preventing drowning, Proper use of life jackets,
Water rescue skills, Skin cancer prevention,
Swim lessons (evaluations offered)
Held Rain or Shine



In the pool

Rockville Swim and Fitness Center

Doggie Dip Day

Saturday, Sept. 9

Noon-4 p.m.

240-314-8750

**Visit our website for additional information:
www.rockvillemd.gov/swimcenter**



GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the Mansion and formal gardens.

Discover Rockville's Hidden Treasure in Rockville Civic Center Park.

Special rental discounts for Rockville residents and businesses.

240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive

Wedding Expo



Glenview Mansion Wedding Expo

Sunday, July 16
Noon-4 p.m.

Enjoy more than 30 vendor exhibits and samples, including catering, wedding cakes, photography, musical entertainment, floral arrangement, tenting services, event planning and more!

Tickets are \$5 and available at the door.

Glenview Mansion
at Rockville Civic Center Park
603 Edmonston Drive,
Rockville, MD 20851

For information: 240-314-8660
For recorded directions: 240-314-5004

www.rockvillemd.gov/glenview

Glenview Mansion Art Gallery

Summer Exhibits



July 9-Aug., 18

Brad Blair – ceramic creatures
Marleen Van den Neste – street photography
Jack Martinelli – mixed media
Magdalena Bajll – "Doors of Tunisia"
color photography
Free Opening Reception
Sunday, July 9, 1:30-3:30 p.m.

Aug. 27-Oct. 6

Chet Stein – nature photography
Tinam Valk – mixed media layered painting
Donna McGee – "What Was I Thinking?"
abstract painting
Xiaosheng Bi – "Dreams of Nature"
fine porcelain vessels
Free Opening Reception
Sunday, Aug. 27, 1:30-3:30 p.m.

Free – Open to the Public
No tickets required
240-314-8682
www.rockvillemd.gov/arts

Sunday Afternoon

Concert Series

Glenview Mansion • 1st Floor Conservatory
2 p.m.



July 9

Legends – Billy Finch with Carol Bullock Finch

Hilarity ensues as Billy impersonates
members of the Rat Pack and Minerva assists.



Aug. 27

District5 Quintet

District5 has developed a unique repertoire
that showcases the virtuosity, colors, and
endless possibilities of the wind quintet.

Specializing in original transcriptions and new
music, District5 enjoys sharing its passion for
chamber music.

Free - No tickets required.
240-314-8682
www.rockvillemd.gov/arts

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Rockville Little Theatre presents **Book of Days**

Six performances; May 5, 6, 12 and 13 at 8 p.m. May 7 & 14 at 2 p.m.

Tickets: Adults \$22; \$20 Students & Seniors 62+).

Rockville Chorus **Classical Spring Concert**

Sunday, May 21, 7:30 p.m.

Free \$5 suggested donation

Enjoy refreshments with the singers in the lobby after the show.

The Washington Balalaika Society **Presents:**

Parade of Favorites

Saturday, June 3

8 p.m.

Tickets: Adults: \$25

Seniors: \$20

Students: \$15

Children 12 and under free

The Victorian Lyric Opera Company presents:

W.S. Gilbert & Arthur Sullivan's The Mikado

Six Performances: June 9, 10, 16 and 17 at 8 p.m. June 11 and 18 at 2 p.m.

Tickets: Adults \$28; Seniors \$24, Students: \$20

Bethesda Conservatory of Dance **presents ICONIC**

Saturday, June 17

1:30 p.m.

Tickets: Adults; \$16

Child/Student/Senior; \$13.50

The Rockville Brass Band and Brass of the Potomac presents **Brass Around the World**

Saturday, June 24

7 p.m. Tickets: \$10

Rockville Musical Theatre presents **SPAMALOT**

Eight Performances: July 7, 8, 14, 15, 21 and 22 at 8 p.m. July 16 and 23 at 2 p.m.

Tickets: \$22 (\$20 Students & Seniors 62+).

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatretix

Box Office is open Tues.-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a childcare need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

How to Online

24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation

Online Donation Course #s

\$ 25 - #56997
\$ 50 - #56998
\$ 75 - #56999
\$100 - #57000

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to: Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Ave., Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers
Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Rob DiSpirito, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____

Address: _____

Email: _____

Phone: _____

This gift in in honor/memory of: _____





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center.....	240-314-8770
Directions Line:	
Civic Center.....	240-314-5004
Senior Center.....	240-314-5019
Swim Center.....	240-314-5010
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration.....	240-314-8600
RedGate Golf Course.....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery.....	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center.....	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line).....	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall).....	240-314-8137

We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children.

Please call 240-314-8620 for more information.

Registration Begins:

- Wednesday May 3 for all (Tuesday, May 2 for swim center members), Adult 60+ programs - members, May 16, nonmembers May 17. 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

***Required Info | Info Requerida**

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Esta formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*	Relationship Relación*	Phone Teléfono*
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Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees* Costo*

Rec Fund | Fondo de rec.: \$ _____ Sr. Ctr. Mem | Centro de Ancianos: \$ _____ Multi-Course Discount | Descuento por asistencia a varios cursos : \$ _____
 \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship | Contribución adicional al Fondo de recreación: \$ _____

Processed by:	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa.

* Signature of Participant/Guardian | Firma del participante/tutor _____

Main Line | Línea principal: 240-314-8620 • www.rockvillemd.gov/recreation • Fax: 240-314-8659

City of Rockville • 111 Maryland Ave., Rockville, MD 20850

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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Celebrate America's Birthday with Rockville!

Tuesday, July 4
6-10 p.m.

Mattie J. T. Stepanek Park

1800 Piccard Drive, Rockville 20850

**Join your Friends
Bring your Family
Live Music
Fireworks at Dusk**

www.rockvillemd.gov/events